



SUNLAMP
Spentz
INSTRUCTIONS
FOR USE

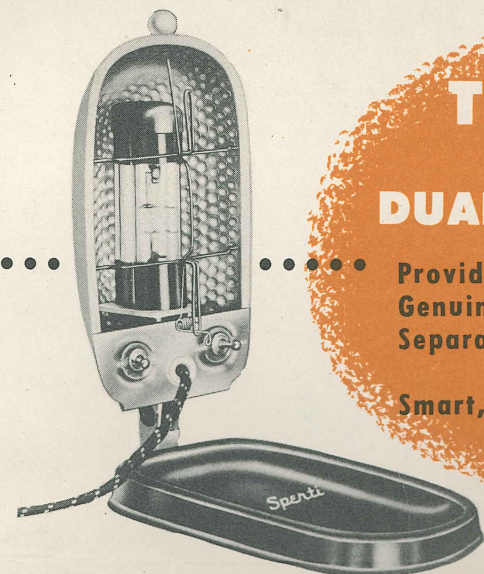


TABLE MODEL
P-104
DUAL SUN AND HEAT LAMP

Provides either suntan rays or infra-red. Genuine high intensity ultraviolet tube. Separate infra-red unit provides soothing heat radiation. Smart, streamlined designs operate in various positions.

INSTRUCTIONS FOR USE

- 1** Insert lamp cord plug into any electrical outlet of proper voltage, 110/120 volts, A.C. To turn off ultraviolet, remove plug from wall outlet.
- 2** For ultraviolet radiation push switch on left hand side to "U. V." as indicated, then press start switch to "START" position and hold at this position until filaments glow red, then release. The tube should produce a violet glow when the switch is released. In case the tube fails to do this repeat starting operation until it does.
- 3** For infra-red only, push switch on left hand side to "I. R." as indicated. Attended use of health lamps on children is recommended.

Permit the lamp to burn for at least three (3) minutes to attain maximum output of ultraviolet.

For your convenience the cord has been calibrated to enable you to take ultraviolet exposure at correct distance from the lamp. Proper distance is two feet at five (5) minutes, however, this depends upon skin characteristics of the individual. Exposure time should be lengthened or shortened to suit each individual.

IMPORTANT: If lamp has been used on infra-red or ultraviolet position for any length of time allow it to cool before starting again on ultraviolet.

Burners can be replaced only at regional service stations or at the factory. Care should be taken to protect the eyes from ultraviolet radiation by wearing goggles, cotton or gauze pads, etc.

Goggles may be purchased from dealer or at factory for \$1.00 per pair.

Q What is Ultraviolet?

A

Ultraviolet rays are invisible radiations of the sun. These rays vary in length and are present at the extreme left end of the spectrum. They are measured in terms of angstrom units.* The longer of these rays promotes the formation of the brown pigment (melanin) which, according to physicians, is beneficial to a healthy skin. Ultraviolet also activates substances present in foods and in the human skin known as sterols, to produce natural vitamin D, which prevents and cures rickets by promoting good bone formation where adequate calcium and phosphorus are present.

*Angstrom unit. A minute unit of length used in expressing the length of light waves. It is equal to 100th millionth of a centimeter.

Q What is Infra-red?

A

Infra-red is an invisible ray which is present in the right end of the spectrum. These rays are frequently referred to as heat rays. Infra-red rays penetrate the outer layer of the skin to the deeper parts, where heat is distributed by the blood circulating through the skin. Local application of heat produces dilation of blood vessels and an increase of rate of blood flow. Heat causes increase of local metabolic activity.

Local treatment with infra-red radiation has been recommended for muscular aches and pains. The Sperti Lamp is a practical, easily controlled source of infra-red.

In the case of the treatment of specific diseases, advice of a physician should be obtained for the use of ultraviolet and infra-red.

Q Who invented the Sperti Lamp?

A

The present Sperti Sunlamp is the result of twenty years of research and experimentation by a group of scientists in an internationally famous research laboratory devoted to investigations in the fields of physics, biophysics, chemistry, biochemistry, biology, experimental medicine, physiology, and theoretical and applied research.

Q Can I get a tan with Sperti Ultraviolet Lamps?

A

Yes. They will tan any skin the sun, itself, will tan.

Q Will overexposure cause sunburn?

A

Yes, just as overexposure to natural sunshine will.

Q How long an exposure should I take ... and how frequently?

A

Individual skins vary too much for an exact answer. In general, however, it is best to start with not more than five minutes daily and then increase a minute a day until you've reached the exposure time best suited to your type of skin. Normally, a gradual daily increase of exposure time prevents sunburn.* But if it should occur, discontinue for several days and shorten exposure time.

*Erythema (sunburn) is not immediately noticeable. Generally, it is perceptible 3 to 5 hours after exposure to ultraviolet.

Q What is the approved exposure length for children?

A

Since the skin of children is more sensitive, exposure time should be much shorter than for adults, generally a minute a day, at the start, with very gradual increase to the limit of tolerance.

Q What changes take place in the skin to cause tanning?

A

Scientists believe that tanning is due to the darkening of a pigment, called melanin, in the skin, after exposure to ultraviolet rays. This same pigment causes the particular variations in the coloring of individuals. Differences in melanin pigment and in the thickness of the uppermost layer of the skin (the corneum) explain why some people tan much more slowly than others.

Q Is it necessary to wear goggles when using the lamp?

A

Yes! Always insist that children, too, wear goggles. Eyelids are more susceptible to sunburn than other parts of the body. When several members of the family suntan at the same time, all should wear goggles. Sperti scientifically tested goggles are available at your dealer.

Q What is the accepted method for using infra-red separately?

A

Twenty minutes at a comfortable distance from the Lamp is the recommended exposure of infra-red for relief of simple muscular aches and pains due to fatigue or overexertion, or whenever local application of heat is desired.

Q On what voltage do Sperti Lamps operate?

A

On 110/120 volts, A.C.

Q How much electricity do Sperti Lamps consume?

A

About one-half cent's worth for the average exposure.

Q Do Sperti Lamps provide Vitamin D?

A

Yes. Exposure of even a small surface of the skin to ultraviolet will effectively activate the chemicals in the body which produce Vitamin D. Sound bones and teeth are the result of adequate Vitamin D, when ample phosphorus and calcium are present.